

The Grapevine

U.S. Naval Hospital
Okinawa, Japan
A Family-Centered Care Facility



U.S. NAVAL HOSPITAL
OKINAWA JAPAN

2nd Quarter 2012

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Nayuta, a folk singer and songwriter from Okinawa, performs at the Asian-Pacific Heritage Month celebration May 23. The outdoor event featured food, live entertainment, art and cultural displays, and a guest speaker. USNH Okinawa Public Affairs photo.

Notes from the Captain's Desk

Captain Pius A. Aiyelawo, Commanding Officer, U.S. Naval Hospital Okinawa

Shipmates and Staff, in a few months from now, we will be caring for our patients in our new hospital complex on Camp Foster. I am pleased to report that our Navy Medicine West Det Okinawa Lead, LT Rowland, has received the keys to most of our newest facilities and has now shifted gears from construction coordination to prepare for outfitting - medical equipping and furnishings. Please join me in congratulating LT Rowland for his continuing superb leadership efforts! What happens between now and January 2013 will be the most important measure of how successful we work together to accomplish our transition goals.

Our new hospital will continue to deliver the full spectrum of medical care that it currently provides to meet the medical needs of our service members, their families and other beneficiaries today and in the future.

It was indeed great to see most of you at the Command Staff



Appreciation Day Event on 3 July 2012 to thank you for your care and caring of our patients and fellow shipmates/staff. To paraphrase our Chief of Naval Operations, "We are a great Navy because of our people." This is very true because of the safe and exceptional quality care that you - our military, civilians, MLCs, contractors, and volunteers - deliver every day to those entrusted to us.

I want to extend my congratulations again to our new Petty Officer selectees - 70. We doubled our advancement rate from the September 2011 cycle. BZ to our EAP Program facilitators, superbly led by HMC McKenzie and our awesome deck-plate leadership.

I would also like to take this opportunity to thank my acting Executive Officers for the past three months - CDR Joon Yun and CAPT Kim Harlow. They have truly done a phenomenal job! A warm Okinawa welcome to our new XO, CAPT Freedman and incoming DFA, CDR Kerr. Congratulations on your new assignments and welcome aboard!

Again many thanks to you and your families for all you do every day to take care of our patients and our most important resources - our people.

USNH Staff Appreciation Day

July 3, 2012



The Grapevine

An authorized publication of
U.S. Naval Hospital Okinawa, Japan

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Commanding Officer

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Executive Officer

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Chaplain's Corner: Success begins at home

Lieutenant Commander Juan Q. Cometa, Command Chaplain, U.S. Naval Hospital Okinawa

The advertising world uses slogans as the most effective means of drawing attention of the consumer world. Nike's 'Just Do It' campaign is probably one of the most famous slogans in the advertising history.

The military services also use slogans as one of their primary recruiting tools. Navy: "A Global Force For Good." Marine Corps: "Semper Fidelis," "The, Few, the Proud, The Marines." Army: "Army Strong." Air Force: "Aim High." Coast Guard: "Semper Paratus: "Always Ready"

My favorite personal slogan is "Success Begins At Home." One of the largest U.S. Army Training Centers, Fort Jackson, SC has signs posted almost everywhere, "Victory Starts Here"

It is a constant reminder to trainer personnel of the overall purpose of their mission. As a parent, when it comes to raising our children, 'there is no place like home.'

In Proverbs 22:6, "*Train a child in the way he should go and when he is old, he will not turn from it.*" The Fleet Admiral Nimitz once said a given individual is not predestined to succeed simply because he was born with a silver spoon in his mouth. He believes determination and industry are the determining factors. He also largely attributed his success to his strong family upbringing, particularly to his wife, who always stood by him even when his career was at stake.

There is a variety of programs and a wide range of support services to our military families. However, despite all these resources available to us, parents still have a crucial role in instilling in child our family values. The Scriptures say, "A man reaps what he sows. Let us not be weary in doing good, for at the proper time we will reap a har-



vest if we do not give up." (Galatians 5:7-9). If we consistently sow love at home, we will reap love. If we sow hatred, discord and bitterness at home or even at our work place, guess what we are going to reap?

Personal growth is a process. Like farming, the right climate is essential for growth. We can bring the best in our kids starting at a very young age by providing the right atmosphere at home, setting an example and spending quality time with the family. Mim Ford wrote, "What exactly makes up a strong family that possesses good family values? A family that sus-

tains its members, -that supports and nourishes the members throughout the span of that family." The core values that benefit marriage and family are commitment, respect, intimacy, forgiveness, thankfulness and service to others.

Whether our young Sailors and Marines are anticipating marriage or not, sowing the right attitude and internalizing our core values of honor, courage and commitment, in day-to-day existence will definitely reap success.

This principle of sowing and reaping also applies to our Navy family. One of our CO's priorities is "**Care For One Another.**" When I served USS CHOSIN (CG 65) as command chaplain, I have learned the significant difference between shore based and ship board operations. There is no other profession where individual not only work together but live together. The term shipmates means so much more. We share common space, we share our meals together, we work hard together and above all, **we care for one another.**

My prayer for our Hospital Family: *Lord instill in us esprit de corps.*



Command Ombudsman: Summer Safety

Christine Petersen, Command Ombudsman, U.S. Naval Hospital Okinawa

If the giant insects, and humidity have not given it away...the Ryukyu summer is here! Don't let the creepy critters, and the (sub)tropical heat keep you from enjoying all the wonderful things here in paradise.

Long days of frolicking on sandy beaches, enjoying sumptuous BBQs, and taking cooling dips in the surrounding turquoise waters are calling your name. So, as much as it hurts you,...leave the AC and TV, and get outdoors and start having some fun in the sun...just take a few precautions first so that your day in paradise, does not have dire consequences.

Beat the Heat:

Take a heat break. Schedule outdoor activities such as BBQ's and parties during the cooler parts of the day.

Sunscreen. Sunscreen should be part of your morning routine. Even if you or your child doesn't seem to burn, sun damage can occur. Reapply frequently!

Hats and sunglasses. Don't forget about hats, which can protect the ears and back of your neck from sunburn.

Beat the heat. Give yourself and your children plenty of fluids, especially water, all day long.

Feed Me. Don't start a strenuous activity on an empty stomach. If the activity is longer than three hours, bring along a snack.

Protect your peepers. Protect your eyes by wearing UV blocking sunglasses...your sight is worth the investment!

Maintain your cool. Take cool showers when it's hot and humid. This is a great way to stay cool and much more effective than using an electric fan, or cranking up the AC.

BBQ & Picnic Tips

The two-hour rule. Cover and store leftover cooked food in the refrigerator or cooler within 2 hours. If it's been out any longer than that, throw it out.

Safe storage. Find a safe place for matches and lighters. We know you want them handy for your BBQ, but it just isn't safe to leave them where "little hands" can find them.

Divide and conquer. Use a separate cooler for



drinks so the one containing the food won't constantly be opened and closed.

Instant chill. When planning an outing, pack juice boxes and water bottles that have been frozen overnight to both chill your lunch and become a part of the meal.

Wipe it clean. Pack disposable wipes for hands and quick clean-ups, or to wipe the tops of soda cans you will be drinking from.

The Great Outdoors

The buddy system. For hiking, biking, swimming, and any outdoors activities, always includes a partner. If you are alone and seriously injure yourself, you will have no one to help you. Also, make sure someone knows where you are going and when you are expected back.

Meeting spot. While attending the many festivals of the Okinawan Summer, talk with your loved ones about what to do in the event you get split up, and agree on a spot to reunite.

Do bugs bug you? When using insect repellents, read and follow all label directions! Always have Benadryl and Cortisone on hand. Make sure that door and window screens fit tightly and have no holes that may allow bugs inside.

No standing around. Regularly drain standing water from items like bird baths, saucers under flower pots, recycle bins, garbage cans, etc. to eliminate potential mosquito breeding sites.

Weapons of grass destruction. Wear a pair of steel toed boots to protect your feet as you mow. A pair of safety glasses, hearing protection and long pants will help protect as well. Do not mow or weed whack with children nearby.

Patio lanterns. When installing decorative lighting on patios or along walkways, inspect your lighting to make sure that it is certified and marked for use outdoors. Make sure tiki torches are FAR from any flammable items.

Water Safety

Learn to swim. Teach your children to swim, and never hurts to brush up on your technique either! There are various swimming lessons available through MCCS Okinawa Semper Fit.

Swimmer's ear. Children (and adults) with sensitive ears should wear earplugs / protection to avoid swimmer's ear.

Summer Safety (continued)...

More tips, tricks and common sense for keeping your family's summer safe and fun

Keeping your head above water. Personal flotation devices (PFD's) should be worn by people of all ages on all watercraft.

Get "waterproofed". Whether you are walking on a pool deck or shoreline, make sure everyone wears "water booties" to protect from sharp coral, hot sand, poisonous sea creatures, broken debris, etc. No form of water protection can replace the most important one – Parental / Adult Supervision. An important rule of water safety is ***never turn your back***.

No running, please. When enjoying the pool, make sure there is no running. Wet decks make for easy targets of slips, trips and falls... nothing ruins a day more, than a trip to the emergency room.

Know your limits. Limit water activities to safe weather and water conditions. Pay close attention to weather forecasts before you head out on the water.

Heads up! Never dive in unknown or shallow water...I grew up with a man who lost the use of his legs due to this simple error in judgement.

I can see clearly now... Purchase swim goggles. Not only will they protect the eyes from chlorine and other irritants, but they also allow people to see underwater and give them their bearings. Show your

kids how to wear them properly.

Go with the flow. Do not fight it! If you get caught in a ripe tide...swim with the rip tide until it stops, then swim back to shore at a diagonal.

Outdoor Sports Safety

Bicycle riding. Does everyone's helmet still fit correctly? Does everyone know the rules of the road?

Protect your melon. Ensure helmets are worn when riding a bicycle or scooter, rollerblading or skateboarding.

Keep the Kids Safe

Sleep is important. Just because there's no school doesn't mean your child needs less sleep. Keeping some semblance of a schedule is important. Know your child and what works best.

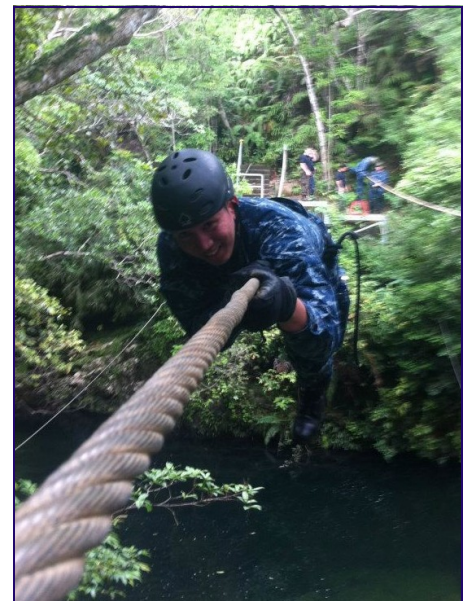
Playing fair. Review with your children the proper use of playground equipment and your family's basic safety rules (no running, pushing, or hurting other children, respect for other children and people using the equipment).

Protect their little hands. Check that metal slides, steps and platforms on the playground are not too hot to touch.



...Continued on Page 9

USNH Corpsmen get motivated...



At the invitation of the staff of the Jungle Warfare Training Center, Navy Corpsmen from the various branch medical clinics around the island attended a "motivational fun day" June 7 at Camp Gonsalves. Photos courtesy Cmdr. Charles E. Wilson, Director, Branch Clinics.

Magic Moments

Ms. Heath was sweet and caring while I was in L&D. Her constant attention and chairm was above and beyond her call of duty.

Ms. Simpson has great customer service skills!!

Ms. Shearer is a very competent and considerate physical therapist. During the sessions it was apparent in the precise and conscientious way in which Christine carried out her duties that she took great pride in her professionalism. Despite the sometimes chaotic activities in the therapy room, Christine always took the time to be attentive to my comfort as well as my pain levels.

When I came in today I had no clue where to take my paperwork and **Ms. Addo** went above & beyond to personally take me to where I needed to go.

I was in the ICU for 3 days and under **Lt. Aukenman's** care for 2 partial days. He always made me feel comfortable even when I couldn't get my memory perfect and I was told by others that I was being difficult! Thank you!

Lt. Cmdr. Beard-Irvine is a wonderful doctor. She is ALWAYS there when we need her. We love her as our children's doctor. Thank you!



Lt. Cmdr. Erika S. Beard-Irvine

CS2 Aungon took time out of his busy schedule to accommodate the First Class Petty Officer Association!

Lt. Barger had great bedside manner. Good at

distracting me during my pain. Kept me informed of what was happening.

Mr. Ward is a great asset to USNH Okinawa, very knowledgeable, efficient, outstanding fellow hospital co-worker every time we request for his assistant he is always ready to help and with this great friendly attitude. Please recognize his hard work!



Mr. Dexter D. Ward

HN Bautista: Outstanding Customer Service!!

My daughter was brought in for an emergency IV. **Lt. Bautista** was amazing with her patience and comforting during the process.

Cmdr. T. Bloom was very honest, warm and took great care to explain to me the details of my results. She was patient as I asked questions and her answers were professional. I know I am in good hands

I would just like to say **Ms. Broussard** in APU was very pleasant company and took care of my last minute appointment. I know sometimes it can be frustrating but she had very good customer service. Great Job! Great service!!!

HN J. Brown expressed great customer service and entertainment during my wait. Though he's currently in training, in my opinion is he's doing a great job so far. Keep up the good work!

Always smiling and helpful, **Dr. Burke** gives great service and is very caring.

HN Coefell's demeanor and assistance went

Magic Moments

above and beyond normal service which, in turn helped me to get the assistance I needed that day.

HM2 Dease was exceptional with customer needs & explanation. Outstanding!

Lt. Cmdr. Glanton offered me the birth experience I have always wanted. Because she allowed me that opportunity I felt more at ease during this stress full time. Her confidence and willingness to listen to her patient really enable me to bestow trust in her top notch care as a provider. Thank you Lt. Cmdr. Glanton!

HN Bloomfield took extra time to assist in getting us into the system. He was very polite and was extremely patient with our situation. We have been here to register in the system and have always received excellent service.



HN Mark A. Bloomfield

HM3 Haggar was exceedingly helpful with all of my time and exercises. He was extremely encouraging and outstandingly polite. He made me feel very comfortable during my visit. He should be awarded a prize for being the best physical therapist ever.

My daughter received the greatest care from the **Ortho Dept.** team. She suffered a ruptured patellar tendon. **Drs. Harvey and Gondusky** repaired the tendon and took great care of her. I am so proud to belong to Navy Medicine

Ms. Hightower always made sure I was very comfortable, she was very kind and courteous at all times, but most of all she worked very diligently and never slowed down. She actively cared for me and checked on me constantly. For this I would like her to be recognized.

Lt. Cmdr. Henderson is an awesome physician! Very intelligent and inspiring. He always treated me with dignity and respect and had no qualms about referring me to a specialist when a certain diagnosis warranted. He is patient, easy to understand, and thorough.

HN Kramer was real sweet, cool and professional. She made me feel relaxed and calm during the check up. I highly recommend her to other patients.

My wife and I are in Okinawa on MEDEVAC from Sasebo, Japan. **Lt. Cmdr. Laird** agreed to see us immediately and helped us get our Rx refills.!

Ms. H. Oshiro was very professional & caring during my experience with her. She explained all the details of the procedure & made sure my experience was comfortable & relaxed. Thank you "Ms. Mimi" ... Keep up the good work!!



Ms. Hiromi "Mimi" Oshiro

Thank you so much **HM1 Medina** for being professional in your duties! I felt very comfortable and was quite confident in your medical skills as you explained everything.

Magic Moments submitted by Mr. Al Whitt, Command Customer Relations Officer

USNH staff member recognized by GOJ

Brian Davis, U.S. Naval Hospital Okinawa Public Affairs

CAMP LESTER Okinawa, Japan—The Government of Japan (GOJ) recognized Lt. Carl R. Blaesing, Head of the U. S. Naval Hospital (USNH) Okinawa Preventive Medicine Department, for his work in conducting plant quarantine inspections of vessels and military equipment entering U. S. military ports in Okinawa. Kenji Tanaka, Director of the Japan Ministry of Agriculture, Forestry and Fisheries Naha Plant Quarantine Station presented a certificate of appreciation to Blaesing in a ceremony May 23 at USNH Okinawa.

The ceremony marked the first time the GOJ has ever officially recognized a member of the USNH Okinawa staff for environmental collaboration with local officials.

During his tour of duty Blaesing, an environmental health officer, led the team of Navy preventive medicine officers and technicians responsible for inspecting ships and equipment arriving in Okinawa from the U. S. or returning from deployment. The team conducts bow-to-stern inspections on every ship to ensure that the vessels and their cargo are free of soil, bugs and flora not native to Okinawa.

Tanaka said that Japanese law prohibits import of soil from abroad because of the potential of introducing agricultural pests. Ships entering Japanese ports are not allowed to offload equipment and supplies or disembark passengers and crew until they have passed a thorough plant quarantine inspection.

According to Blaesing, the USNH Okinawa Consolidated Pre-

ventive Medicine Unit acts on behalf of GOJ to conduct the inspections, which are critical to prevent the introduction of an invasive species that could severely Okinawa's economy or agriculture.

"They depend on us to make sure no foreign organisms come onto the island which can be harmful to their environment," said Blaesing.

"Under the Status of Forces

said.

GOJ officials attributed Blaesing's success to not only his commitment to protecting Okinawa's natural environment, but also to his efforts in building and maintaining a professional working relationship with his host nation counterparts.

"We really appreciate Lt. Blaesing's attitude and work ethic to create an environment where we could work together smoothly.

His willingness to communicate openly on a regular basis resulted in a solid professional relationship that will last for many years," said Tanaka

"We have developed a very engaged and collaborative relationship with the Naha Plant Quarantine Station, and we work together to make sure all equipment is inspected when it enters the country. It's essential for the environmental protection of Okinawa," said Aiyelawo.

Blaesing sees the award as a confirmation

of the trust the hospital has developed with the Japanese government to make certain that U. S. forces in Okinawa are always in compliance with Japanese quarantine regulations.

"It shows our transparency and cooperation with the GOJ," said Blaesing. "We work very hard to make sure we uphold our end of the bargain," he said.

Blaesing is departing Okinawa to assume the duties as Director of the Preventive Medicine Program at the Medical Education & Training Center (METC) in San Antonio, Tex.



Mr. Kenji Tanaka, director of the Naha Quarantine Office, reads the award citation to Lt. Carl Blaesing, head of USNH Preventive Medicine Department as his wife Melanie Blaesing looks on. (USNH OkinawaPublic Affairs)

Agreement (SOFA) it is our responsibility to ensure proper quarantine procedures are in place," said Capt. Pius A. Aiyelawo, Commanding Officer, and USNH Okinawa. "Lt. Blaesing ensures that equipment items are properly inspected upon entry into Japan," he said.

USNH Okinawa inspectors are available 7 days a week, 24 hours a day to meet vessels when they enter any of the 7 ports in Okinawa controlled by the U. S. military, according to Blaesing. "Whenever a unit arrives, we have to go out to the port and do an inspection," he

USNH engineer earns first-ever certification

Lt. Cmdr. Danny H. Cruz, Navy Medicine West

U.S. Navy Lt. j.g. Brian Kloeker, Civil Engineer Corps, is the first active duty Naval officer to earn distinction as an American Hospital Association's Certified Healthcare Facility Manager (CHFM). CHFM certification brings with it both professional recognition as a subject matter expert and membership in an elite community of less than 1400 CHFMs worldwide. The competitive marketplace of healthcare facilities management demands a distinct blend of education and experience coupled with both a high level of enthusiasm and initiative.

Kloeker has managed the maintenance, renovation, and minor

construction projects for U.S. Naval Hospital Okinawa, its seven branch medical clinics and seven dental clinics with a detailed understanding of The Joint Commission's (TJC) facility standards in such areas as environment of care, emergency management, and life safety. He has successfully managed a facilities management (FM) staff of 20 personnel; maintenance and local level special projects annual budget of \$15.8 million; and cumulative Bureau of Medicine and Surgery (BUMED) special projects budget of \$5.9 million.

Kloeker is a native of Ft. Thomas, Ky. He joined the Navy in

1995 serving as a Submarine Fire Control Technician aboard the USS Honolulu (SSN 718) in Fire Control Division (FCD), as Deck Division Leading Petty Officer, and as Fire Control Division (FCD) 3M Coordinator. In December 2008, he earned a Bachelor of Science in civil engineering from Virginia Polytechnic Institute and State University. Kloeker earned his commission via Officers Candidate School in Newport, R.I. in May 2009.

Kloeker recently attended training in Virginia where he earned his *Defense Acquisition Workforce Improvement Act (DAIWA) Level 1* contracting certification.

Summer Safety (cont'd. from page 5)...

Don't forget Fido (and all pets)

It's too doggone hot... Avoid heatstroke, by limiting and supervising time outdoors during the hottest hours of the day because when it's hot for you, even hotter for them, and they cannot cool themselves as easily. (Some signs of heatstroke include excessive panting, bright-red tongue and gums, vomiting, diarrhea, leth-

argy, and body temperature of 104-110F degrees).

Don't take your dog for a walk during peak heat hours! Remember you are wearing shoes...their little paws WILL burn on the hot cement/asphalt.

Doing the doggie paddle. At the beach, make sure they have PLENTY of fresh water to drink...drinking sea water will

make them sick.

Not all dogs can swim!! Always watch closely them at the beach. Better yet, buy a swim floatation vest.

Dog days of summer. Dogs also need protection from the sun, especially those with short fur, and pink skin tones...choose a pet sun block. Make sure they have a shady area to rest.

U. S. Naval Hospital Okinawa currently deployed staff

Lt. Cmdr. Yeackle
Lt. Foley
Lt. Kidder
Lt. Porter
Lt. Rendon
Lt. Root
Lt. Udell
Lt. Uphoff
Lt. Varney
Lt. Yecpot

Lt. Xie
Lt. j.g. Aguirre
Lt. j.g. Gaffney
HM1 Langit
HM1 MacPartland
HM1 Reyes
HM1 Stovall
CS2 Antoine
HM2 Articulo
HM2 Becerrilmora

HM2 Davis
HM2 Mangubat
HM2 Numsi
HM3 Bin
HM3 Flores
HM3 Lemos
HM3 Mendez
Hm3 Rodriguez
HM3 Watkins
HM3 Willis

HN Acheampong
HN Acuin
HN Anderson
HN Colon
HN Frye
HN Hoppert
HN Le
HN Flores
HN Hines

The relationship between mind & body

Lt. Cmdr. Sophia Lawrence, Substance Abuse Rehabilitation Department

While promoting the mental and physical health of others amidst my professional role, it has been my observation that patients are much more likely to explore medication alternatives before considering or making basic lifestyle changes. Frequently, patients refer for mental health care seeking medication assistance for those complaints that resemble a mental health disorder (e.g., impaired focus and concentration, decreased energy, lack of motivation, increased irritability, decreased frustration tolerance, depressed mood, or increased anxiety). While these symptom reports are very real and certainly synonymous in part with many mental health disorders, these reports may simply imply that one is lacking quality sleep, exercise, over-stressed, and/or consuming too much alcohol or caffeine.

So, what does sleep, exercise, caffeine, alcohol, and stress have to do with mental health?

Sleep: One's level of sleep has a strong effect on mood. It has been thoroughly demonstrated that the metabolic activity of the brain decreases significantly with sleep deprivation. For our nervous system to work properly, sleep is a crucial component. When lacking adequate sleep, a person is unable to concentrate, leading to impaired memory and physical performance, with subsequent mood disturbances.

Alcohol may help people fall into light sleep, but it deprives them of critically-needed REM sleep and the deeper and more restorative stages of sleep. Additionally, alcohol depletes certain chemicals in the body that play an important role in maintaining

mood, attention, and concentration.

Caffeinated drinks stimulate areas of the brain that can cause difficulty in falling asleep. Conversely, **regular exercise** provides natural, mood lifting chemical changes in your body, resulting in better moods, sleep health, and increased sex drive. You certainly don't have to train for a marathon; even a short walk on a regular basis will help. **Stress** overall exacerbates all mental health symptoms. One can alleviate the adverse effects of daily life stressors by employing relaxation techniques (meditation and deep breathing, progressive muscle relaxation, yoga, etc).

"We can actually listen to our inner thoughts and dwell on them negatively or we can change what we think and how we are talking to ourselves."

Finally, give yourself permission to change your mind: Is the proverbial glass always half empty or half full, and do you see the positive benefits of your personal and professional life experiences? Believe it or not everyone deals with depression and anxiety. How we cope with these inevitable experiences depends on

our way of thinking. When faced with a crisis, one might ask, "Is it the event that is catastrophic or is it the manner in which we choose to think about them?" We can actually listen to our inner thoughts, and dwell on them negatively or we can change what we think and how we are talking to ourselves.

These methods are often equally as indispensable as psycho-pharmacotherapy; don't delay ~ To beat it, you need to put your mind and body into it. If you have made consistent efforts to improve your mental health through these preventive measures, and symptoms persist, seek professional mental health for further exploration of symptoms.

Facts about protecting yourself from pertussis

Ms. Angela Mtambu, USNH Okinawa Infection Preventionist

Pertussis (Whooping Cough)

Pertussis, also known as whooping cough, is a highly contagious respiratory disease. It is caused by the bacterium *Bordetella pertussis*.

Pertussis is known for uncontrollable, violent coughing which often makes it hard to breathe. After fits of many coughs, someone with Pertussis often needs to take deep breathes which result in a "whooping" sound. Pertussis most commonly af-

fects infants and young children and can be fatal, especially in babies less than 1 year of age.

The best way to protect against Pertussis is immunization. Hand hygiene and covering coughs minimizes transmission of the disease. Antibiotics are used to treat the condition.

For more information please visit the CDC website: <http://www.cdc.gov/pertussis/>.

2012 Navy Women's Dragon Boat Team

Photo courtesy Ms. Kelly Varner, Executive Assistant to the Commanding Officer

1st Place

U. S. Military Female Team Category

Naha Hari Dragon Boat Races

Naha Port, May 5, 2012



"This season has been remarkable. Watching the progression of the Women's Navy team as we worked toward race day was fascinating. We were focused, tough, and strong and—let me not forget—FAST! The whole boat looked beautiful! Such great synchrony and power! We were 63 strokes per min. It was 164 strokes to the buoy and 143 to finish!!! All of our hard work from the last 10 weeks completely came together, by shaving off 5 sec. from last year's amazing time and we rocked it making this year #7 on top for the Navy Women's Team!!! Go Navy!!" - Lt. Julie Anderson, Team Member & 2013 Team Coach

USNH Advancements: March 2012 cycle

Petty Officer 1st Class:

Amon, Christine Millanes
Brown, Tiffany Antoinette
Demegillo, Eldee T.
Kwon, Jae Yeon

Pety Officer 2nd Class:

Balhon, Zulwin Rimando
Brown, Nichole Lynn
Burnside, Brittany Nicole
Carpio, Donnie V.
Coloma, Carlomay Bedra
Davis, Ashley Renee
Gooco, Mariahanni Joy Jamora
Gutierrez, Charlene Ann
Kirkendall, Jason Thomas

Petty Officer 3rd Class:

Acuin, Mark Patrickcruz
Bailey, Andrea Brooke
Bautista, Juangabriel Dagoc
Berghoff, Kristofer Joseph
Bin, Joseph Ricky
Brown, James Mario Jr.
Cai, Ben Dong
Clark, Zachary Joseph

Clayton, David O.
Colon, Francis Alexander
Courchaine, Matthew Michael
Cox, Michael
Crumrine, Nathan Dennis
Dederichs, Corey Joseph
Dehart, Colin Michael
Dumpit, Robertjeffrey Suicon
Gonzales, Ernest Anthony
Hancock, Jason Wayne
Hannon, Sean Michael
Hogan, Caleb Lee
Kumano, Nova Eustaquio
Laico, Gregory Medina
Liu, Jianlong
Lucas, Brandon Scott
Lumagui, Daryl Vista
Martinez, Fabian
Mata, Ella Fe
Mattera, Nicole Patrice
May, Aaron Daniel
Mcelrathbey, Arielle E
Mcwreath, Bryan Scott
Miller, John David Michael

Mobeck, Kyle Andrew
Moore, Sherland Louie
Nguyen, Danny
Olguin, Raul
Paul, Edward Anthony
Pineda, Russel Valencia
Priermershon, Kristen E
Ragan, Bobby Mack
Ramirez, Florentino Ruben
Rivaspallo, Bryant Xavier
Schwartz, Ethan M
Smith, Richard Zachary
Stegall, Ryan William
Taylor, David Anthony
Towsley, David S
Vicente, Eric Gida
Villamor, Ralphaldoz Morales
Wagner, Brandon Michaelscott
Walker, Lewis
Warren, Kyle Evan
Washington, Michael Thomas
Williams, Thomas Eric Jr.
Willis, Justin Ryan

Japanese Physician Intern Class of 2012-2013



Taichi Itoh



Tatsuyoshi Kitamura



Tetsuya Kawakita



Akika Ando



Go Nishikawa



Megumi Asai

**U.S. NAVAL HOSPITAL OKINAWA
PUBLIC AFFAIRS OFFICE
PSC 482
FPO AP 96362-1600**

Got News?

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